Turkey and Rice

Turkey and rice is a dish that can calm an upset stomach. In this case, the fewer the ingredients, the better. It is commonly used when food allergies are suspected in humans or dogs. Before preparing for an animal, be sure and verify the exact amounts of each part of the recipe with a qualified veterinarian. This dish can be made with or without accompanying vegetables. It can be treated as individual ingredients, or a soup. White rice or brown rice can be used, though each adds a different taste and texture. Water may need to be added when reheating.

Pre Cook Preparation:

- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat
- D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Pepper
- Spices
- Turkey

Meatless Preparation Avoid:

- Turkey
- Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders

Spatula
Spoon
Pan:
2 quart pan for rice
1 quart pan for the turkey

Ingredients:

Meat:
2 cups of chopped turkey

Vegetables: (leave out if cooking for food allergy)
15 ounces of carrots
15 ounces of peas

Other ingredients:
Dash of salt
Spices, such as pepper, to taste
Water

Preparation time: 10 minutes

Preparation:

Rice:
1. Boil water in the 2 quart pan.
2. After water boils, add rice.
3. Stir frequently until tender.
4. Drain rice.

Turkey:
1. Cook turkey in 1 quart pan with enough water to cover the turkey.

Combine:
1. Place a scoop or two of rice on plate.
2. Add a scoop of turkey.
3. Add peas and carrots, if desired.

Cook Temperature: Medium to low

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.